May 4 - 15, 2015

Opening Ceremony Monday, May 4, 2015 Closing Ceremony Monday, May 18, 2015



Monday May Ath





1 pm

Takoma Aquatic Center

200 Yard Individual Medley 9 am

Monday, May 4th			
Events	Start	End	Location
Opening Ceremony	10 am	12 pm	Howard Theatre
3 on 3 Basketball	2 pm	3 pm	Deanwood Gymnasium
Free Throw Basketball	2 pm	3 pm	Deanwood Gymnasium
Spot Shot Basketball	2 pm	3 pm	Deanwood Gymnasium
Tuesday, May 5th			
10K Run	8 am	2 pm	Spingarn Senior High
50M Dash	9 am	2 pm	Spingarn Senior High
400M	9:15 am	2 pm	Spingarn Senior High
1500M	9:30 am	2 pm	Spingarn Senior High
Long Jump	10 am	2pm	Spingarn Senior High
Shot Put	10 am	2pm	Spingarn Senior High
Softball Throw	10 am	2pm	Spingarn Senior High
100M	10:15 am	2 pm	Spingarn Senior High
5K	10:30 am	2 pm	Spingarn Senior High
Discus	11 am	2 pm	Spingarn Senior High
Football Throw	11 am	2 pm	Spingarn Senior High
800M Run	11:15 am	2 pm	Spingarn Senior High
Fun Walk	11:45 am	2 pm	Spingarn Senior High
200M Run	12 Noon	2 pm	Spingarn Senior High
1500M Race Walk	12:30 pm	2 pm	Spingarn Senior High
Wednesday, May 6th			
Swimming Warm-Up	8 am	9 am	Takoma Aquatic Center
500 Yard Freestyle	9 am	1 pm	Takoma Aquatic Center
25 Yard Freestyle	9 am	1 pm	Takoma Aquatic Center
200 Yard Butterfly	9 am	1 pm	Takoma Aquatic Center
25 Yard Butterfly	9 am	1 pm	Takoma Aquatic Center
200 Yard Backstroke	9 am	1 pm	Takoma Aquatic Center
Thursday, May 7th			
Swimming Warm-Up	8 am	9 am	Takoma Aquatic Center
100 Yard Breaststroke	9 am	1 pm	Takoma Aquatic Center
50 Yard Backstroke	9 am	1 pm	Takoma Aquatic Center
200 Yard Freestyle	9 am	1 pm	Takoma Aquatic Center
25 Yard Butterfly	9 am	1 pm	Takoma Aquatic Center
100 Yard Freestyle Relay	9 am	1 pm	Takoma Aquatic Center
100 Yard Backstroke	9 am	1 pm	Takoma Aquatic Center
25 Yard Breaststroke	9 am	1 pm	Takoma Aquatic Center
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50 Yard Butterfly	9 am	1 pm	Takoma Aquatic Center
200 Yard Medley Relay	9 am	1 pm	Takoma Aquatic Center
Friday, May 8th			
Swimming Warm-up	8 am	9 am	Takoma Aquatic Center
100 Yard Freestyle	9 am	1 pm	Takoma Aquatic Center
25 Yard Backstroke	9 am	1 pm	Takoma Aquatic Center
50 Yard Breaststroke	9 am	1 pm	Takoma Aquatic Center
25 Yard Freestyle	9 am	1 pm	Takoma Aquatic Center
100 Yard Individual Medley	9 am	1 pm	Takoma Aquatic Center
200 Yard Freestyle Relay	9 am	1 pm	Takoma Aquatic Center
100 Yard Butterfly	9 am	1 pm	Takoma Aquatic Center
50 Yard Freestyle	9 am	1 pm	Takoma Aquatic Center
200 Yard Breaststroke	9 am	1 pm	Takoma Aquatic Center
100 Yard Medley Relay	9 am	1 pm	Takoma Aquatic Center
Monday, May 11th			
Billiards – 8 Ball (Pool)	10 am	2 pm	Kennedy
Table Tennis	10 am	2 pm	Kennedy
Horseshoe Pitch	10 am	2 pm	Langdon
Softball (2 Softball Games)	2 pm	6 pm	Deanwood
Bowling – Singles	2 pm	5 pm	Capital Plaza Bowl
Tuesday, May 12th			
Singles Tennis	9 am	5 pm	Theodore Hagan
Softball (3 Softball Games)	10 am	4 pm	Deanwood
Bowling – Doubles	2 pm	5 pm	Capital Plaza Bowl
Wednesday, May 13th			
Pickle-ball	10 am	1 pm	Emery
Bowling – Mixed	2 pm	5 pm	Capital Plaza Bowl
Thursday, May 14th			
Softball (4 Softball Games)	10 am	6 pm	Deanwood
Friday, May 15th			
Double Tennis	9 am	5 pm	Theodore Hagans
Monday, May 18th			
Closing Ceremony	10 am	2 pm	Howard Theatre











